

The Restorative Power of Nature

Brain Studies

Extra Credit Opportunity

Instructions

1. Read the article *Stress and Burnout: How the Restorative Powers of Nature-Based Solutions Are Answering the Call in Healthcare* on p. 99 in the Brain Studies textbook.
2. Take a picture of yourself out enjoying nature in whatever way you like.
3. Create a document with your name, block, and the date you submit this paper in the top right hand corner. Center justify and title the paper **The Restorative Power of Nature**.
4. Insert your picture under the title and include a caption of **what** you were doing in nature and **why** you enjoy doing so.
5. Number and type the responses to the **reading comprehension questions** below your photograph.
6. Print a copy to turn in. Your paper should fit on one double-side printed sheet of paper.

Reading Comprehension Questions

1. According to the article, what are some of the primary factors contributing to burnout among healthcare workers in the United States?
2. How does exposure to nature help reduce stress and improve the well-being of healthcare workers, according to the studies mentioned in the article?
3. What role does the budget tool developed by Dr. Sean Murphy play in promoting the inclusion of nature-based interventions in healthcare settings?